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Your source of information for MWR, CYP, Fleet & Family Support Center,
Family Housing at Naval Support Activity Saratoga Springs
<https://www.cnic.navy.mil/saratoga>

Saratoga *sailor*

July 2012

Naval Support Activity
Saratoga Springs

Happy Birthday Fleet & Family Support

On July 9, 1979, the first Family Service Center (FSC) opened its doors in Norfolk, VA. FSC San Diego opened its doors shortly thereafter.

In 1978, the Navy acknowledged that it was losing some of its very best people because of family issues. Then Chief of Naval Operations, Admiral Thomas Hayward, wrote that his number one priority was to improve retention by improving family awareness and implementing a family support program.

Shortly afterward, the first Navy Family Awareness Conference was held in Norfolk. The conference was originally going to be called the Family Support Conference but organizers changed the name to spotlight their goal to develop resilient and self-reliant families, not dependent families.

The conference concluded the Navy was insufficiently attending to family needs and the programs and policies designed to support families were inadequate and fragmented.

Today, the Fleet and Family Support Program (FFSP) continues to deliver its core mission with a growing number of programs and services focusing on deployment support, crisis response, career support and counseling for individuals, families and commands.

Programs include:

- Deployment support for Sailors and their families
- Personal and family wellness education and counseling
- Emergency preparedness and response
- Crisis intervention and response
- Military and personal career development
- Financial education and counseling
- Spouse employment

Programs and services are currently delivered from 81 sites worldwide, with 58 of those sites delivering a full portfolio of programs and services.

Navy FFSP is organized into three sub-functional areas: Deployment Readiness, Career Support and Retention and Crisis Response. Across all three sub-functions, services include information and referral, individual clinical and non-clinical consultation and educational classes and workshops.



NY Yankees Bus Trip

See the Yankees vs Blue Jays on Wednesday, July 18, trip includes bus and game ticket with seating in the upper level for \$40. The bus departs MWR at 7:30 a.m. with game time at 1:05 p.m. Call 885-5138 extension one to get your seats today!

MWR Golf Tournament

The third MWR Golf Tournament will be on Thursday, July 19 at Ballston Spa Country Club. Four-person, best ball scramble with a shotgun start at 8:30 a.m. Price is to be determined. Call 885-5138 extension two to sign up your four-some.

Bronx Zoo Bus Trip

Throughout the month of July tickets for the MWR Bronx Zoo Bus Trip will be on sale. Tentative trip date is Wednesday, August 8. Call 885-5138 extension two for more information.

Child and Youth Programs

Our Navy certified Child Development Homes Program (CDH) has grown! We currently have five providers with openings for full time, part time and drop-in childcare. Childcare for Infants through school age children is currently available in the

Saratoga Springs School district with more interested providers in Ballston Spa and Galway areas in process to

become a CDH. Military subsidies are available to active duty military families and DOD civilian employees to help cut the cost of childcare. Call today to sign-up for one of our new openings! If you have any questions or to add your name to the waiting list, please feel free to call (518) 886-0200 extension 161.



Tri-City Valley Cats

Look for tickets to the Tri-City Valley Cats to be available through MWR Game day. Dates are Tuesday, July 24, \$12 includes a hot dog and soda and Saturday, August 18 for \$10. Both games are in premium box seating. Call 885-5138 extension two for more information.

New Rec Center is Now Open

The new Rec Center will be open from 10 a.m. to 5 p.m. Tuesday through Saturday. The Rec Center is on Naval Support Activity in Building 106, co-located with the NEX Barber Shop. The following are available: pool table, air hockey, foosball, Wii, X-Box, PlayStation, computers, reading library and a large screen TV.

A small ITT office also sells all tickets offered at the main ITT Office on Galway Road. At present they have Regal movie tickets for \$7.75 and Great Escape Day tickets for \$31.00 in stock. Currently only cash or checks will be accepted for sales. When you're on base come on by and check us out.

Weekly Newsletter

Every Monday a MWR weekly newsletter is distributed via email. The newsletter contains all upcoming MWR events and deals. To be added to this list, please email jwheeler_nsumwr@nycap.rr.com.

New York Capital District Family Readiness Group (FRG)

Come out and enjoy the sun and water at our Splash into Summer event on July 23 at 11 a.m. at Gyser Spray Park. Bring a lunch and enjoy meeting new people. We are holding a group camping trip August 2-5. You can use www.reserveamerica.com <http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.reserveamerica.com%2F&h=oAQF7fljx> to reserve your spot. Space is limited so the sooner you are able to sign up the better. We will be holding a s'mores party on August 2 at 6:30 p.m. and a hot dog lunch on August 4 at 12 p.m. If you are interested in coming please RSVP on the FRG facebook page by July 12 so we have time to get enough supplies for all who attend.

Everyone is welcome to attend our meetings in the Naval Support Activity Training Room located in Building 106 at 6 p.m. on the second Thursday of each month. Child care is available during the meetings. Please contact Deseree Rask at dnking75@gmail.com or through facebook if you plan to bring children to the meeting.

The NYCD FRG is a great source of information and also a great outlet. You can also join the FRG's facebook page: New York Capital District FRG. Hope to see you all very soon!

SARATOGA SPRINGS PHONE LIST

24/7 Sexual Assault Crisis Hotline (518) 587-2336

Child & Youth Program (518) 886-0200 ext. 161

Commissary(518) 581-2180
 Sunday & Monday.....Closed
 Tuesday, Wednesday,10 a.m. to 6 p.m.
 Friday & Saturday
 Thursday10 a.m. to 7 p.m.

Customer Service Desk(518) 886-0200 option 8,option 2
 Monday through Friday7:30 a.m. to 4 p.m.

Family Housing(518) 886-0200 ext. 124

Fleet & Family Support Center.....(518) 886-0200 ext. 146

ID Card Services (DEERS/RAPIDS)
 DMNA – Latham(518) 786-4406
 ANG 109th Airlift Wing – Scotia(518) 344-2436
 NSA – Saratoga(518) 886-0200 ext. 111
 Watervliet.....(518) 366-5601

Medical & Dental Saratoga Springs.....(518) 583-5300
*All active duty must call 1-888-NAVYMED
 for an appointment to medical.*

Navy Federal Credit Union1(888) 842-6328
 Monday through Friday9 a.m. to 4:30 p.m.
 ATM – on siteAvailable when gate is open.

NEX Barber Shop(518) 884-1823
 NPTU access required
 Monday through Thursday7:30 a.m. to 3:30 p.m.
 NSA Building 106
 Wednesday & Friday8 a.m. to 3 p.m.

NEX Saratoga Mini-mart.....(518) 584-7426
 Monday through Friday7 a.m. to 8 p.m.
 Saturday9 a.m. to 6 p.m.
 Sundaynoon to 4 p.m.

NSA Weather Line(518) 886-0115

Ombudsman Points of Contact
 Medical/Dental(518) 810-3687
 NOSC(518) 361-3310
 NPTU(518) 281-9907
 NRD NE(518) 788-2961

Outdoor Recreation Center–Saratoga(518) 885-5138
 Monday6 a.m. to 6 p.m.
 Tuesday through Thursday6:30 a.m. to 6 p.m.
 Friday6:30 a.m. to 7 p.m.
 Saturday7 a.m. to 4 p.m.
*Park is open Monday through Saturday 7 a.m. to sunset
 Sunday and holidays 8 a.m. to sunset*

Personal Property(518) 886-0200 ext. 116 or 117
 Processing Office

Voting Officer.....(518) 886-0200 ext.104

Front Gate Hours

Monday through Friday.....6 a.m. to 8 p.m.

Saturday8 a.m. to 6 p.m.

Sunday11 a.m. to 5 p.m.

**Navy
Housing**

**FOR SAILORS
AND FAMILIES**

*Preparing to
enjoy a safe and
healthy summer.*

Summer time is a good time to clean house! Pull out all those boxes of stored items you haven't used in months or even years. Dust them off and air them out if you plan to keep them. By keeping your possessions clean and dry you not only extend the life of the item but you help keep you home safe for your family.

One of the nuisances you can prevent in your home is mold. Mold in the home can usually be found in damp, dark or steam filled areas e.g. bathroom or kitchen, cluttered storage areas, recently flooded areas, basement areas, plumbing spaces, areas with poor ventilation and outdoors in humid environments. Symptoms caused by mold allergy are watery, itchy eyes, a chronic cough, headaches or migraines, difficulty breathing, rashes, tiredness, sinus problems, nasal blockage and frequent sneezing.

Why is mold growing in my home?

Molds are part of the natural environment. Outdoors, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float through outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

How do I get rid of mold?

Molds gradually destroy the things they grow on. You can prevent damage to your home and furnishings, save money, and avoid potential health problems by controlling moisture and eliminating mold growth.

It is impossible to get rid of all mold and mold spores indoors; some mold spores will be found floating through the air and in house dust. The mold spores will not grow if moisture is not present. Indoor mold growth can and should be prevented or controlled by controlling moisture indoors. If there is mold growth in your home, you must clean up the mold and fix the water problem. If you clean up the mold, but don't fix the water problem, then, most likely, the mold problem will come back.

If you need more information about your specific home and any suspected mold presence, please contact your landlord or the Navy Housing Service Center immediately.

**Navy Housing Service Center
26 Quiet Harbor Road
(518) 886-0200 extension 124**



<http://www.facebook/NSASaratogaSprings>



For information, an appointment or confidential counseling for individual, couples and families, call (518) 886-0200 extension 146.

JULY CLASSES

Tue. 10th	Spouse 101 FFSC classroom, 10 to 11:30 a.m.
Wed. 11th	Suicide Prevention FFSC classroom, 1 to 2:30 p.m.
Thu. 12th	Interviewing Techniques FFSC classroom, 1 to 2:30 p.m.
Tue. 17th	Car Buying FFSC classroom, 1 to 2:30 p.m.
Wed. 18th	Anger Management FFSC classroom, 1 to 2:30 p.m.
Thu. 19th	Internet Job Search FFSC classroom, 1 to 2:30 p.m.
Tue. 24th	Home Buying/Renting FFSC classroom, 1 to 2:30 p.m.
Wed. 25th	Parenting 0 to 1 year old FFSC classroom, 9:30 to 11 a.m.
Tue. 31st	Job Search Basics FFSC classroom, 1 to 2:30 p.m.

***Registration required at least two days in advance for all classes.
To register, call (518) 886-0200 extension 146.**

AUGUST CLASSES

Wed. 1st	Resumes FFSC classroom, 1 to 2:30 p.m.
Thu. 2nd	Credit Management FFSC classroom, 1 to 2:30 p.m.
Tue. 7th	Suicide Prevention FFSC classroom, 1 to 2:30 p.m.
Wed. 8th	Interviewing Techniques FFSC classroom, 1 to 2:30 p.m.
Thu. 9th	Car Buying FFSC classroom, 1 to 2:30 p.m.
Tue. 14th	Anger Management FFSC classroom, 1 to 2:30 p.m.
Wed. 15th	Internet Job Search FFSC classroom, 1 to 2:30 p.m.
Thu. 16th	Home Buying/Renting FFSC classroom, 1 to 2:30 p.m.
Wed. 22nd	Job Search Basics FFSC classroom, 1 to 2:30 p.m.
Tue. 28th	Couple's Communication FFSC classroom, 1 to 2:30 p.m.
Wed. 29th	Parenting 1 to 3 years old FFSC classroom, 1 to 2:30 p.m.

Put Volunteer Work on Your Resume by Susan J. Ellis of Energize, Inc.

When you are looking for a job, your resume gets your foot in the door. It represents you to a potential employer and you want it to stand out from the resumes of the other applicants. One way to capture the interest of an employer is to show that you are an involved citizen – someone who works to make the community a better place to live. In other words, make sure your volunteer work appears on your resume.

It is a common misconception that there is only one "right" way to design a resume. Actually, the most important thing is to present the information in such a way as to document and support your career goal. If you tell a prospective employer that you want a particular job, your resume must prove that you are the right candidate to fill it. Sometimes your paid work history may not be as important as what you have done as a volunteer in demonstrating that you have the necessary job skills.

One approach used by many people is to add a section to their resumes called "Community Service" or "Volunteer Work." They list the highlights of their volunteering here, to show that they have interests outside of their employment history already described. This is certainly better than ignoring volunteer experience on a resume, but it is not the best way to highlight what you have learned as a volunteer.

Consider integrating your volunteer work into the section of your resume called "Work Experience." Even if you were not paid a salary and did not consider the volunteering to be "employment," it certainly was productive work and should count as "experience." The key is to translate what you gained from the volunteer activity into the language of the paid work world.

Don't use "volunteer" as a job title. It's an adjective and alone does not convey the work that you accomplished. So, if you did tutoring, use the title "Tutor." If you coordinated a project, identify your work accurately as "Project Coordinator." The fact that you filled this position in an unpaid capacity is part of your description of the work. First grab your prospective employer's interest with an accurate position title.

Next describe the volunteer work in terms of your achievements, highlighting the skills that you learned and demonstrated. What would be important to the work world about what you did? For example, did you raise \$100,000? Did you manage a budget or accomplish goals on schedule? Did you supervise a staff of people? Even if they, too, were volunteers, your success required the ability to be a motivating leader. All these sorts of things impress an employer.

Take the time to analyze what you learned as a volunteer. Did you have the chance to practice public speaking? Write reports, news releases, newsletters? Plan projects, coordinate sub-committees, train others to do the work? Such skills are applicable to just about any setting.

Describe your activities and achievements fully. You do not need to say these were done as a volunteer, though you are of course welcome to do so. If you feel uneasy about representing volunteer work as equivalent to a full-time paid job, you can identify the volunteering as being part-time. Be honest. Don't overstate what you did. But also be sure to give yourself the credit you deserve.

If you are a student seeking your first real job, being able to show volunteer work on a resume demonstrates that you had interests beyond the classroom. If you are returning to the paid work force after some time away, your volunteer activities prove that you kept yourself sharp and involved. If you want to change career fields, it may be your volunteer work in the new field that tells a prospective employer you're worth the risk, even if all your paid employment history is in some other field.

Be unapologetic about giving space on your resume to volunteering. Since the whole goal of a resume is to get you an interview, think how more interesting your face-to-face conversation will be when you add all those community activities to show who you really are.

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Did we meet your needs? Let us know! http://ice.disa.mil/index.cfm?fa=site&site_id=589

Check out NSA's website. If you get a security warning, it is ok to continue. <https://www.cnic.navy.mil/Saratoga/index.htm>

On Facebook? Add NSA Saratoga Springs's Fan Page <http://www.facebook.com/NSASaratogaSprings>